HOW TO LIVE FIFTEEN CENTS

Army Officer Tel's Women of America How to Save Home Expenses.

OMAHA, Feb. 19.-Major William H. Bean of the United States Army, Department of the Missouri, has made himself a target for the curiosity of womankind in every part of the United States. For years he has studied the food problem, always seeking in his own household greater simplicity in the character of meals and corresponding economy. When he became attached to the commissary department of the army three years ago he had an opportunity to try his experiments on a large Last month he made up his mind to tell the world all about the

And ever since he has been deluged with letters from the women who wrestle with the problem of daily living all over the country and who want to know all about it. So fast has this correspondence been increasing that the major has been compelled to utilize the spare time of the clerks in his department in order to keep up with it.

SYSTEM IS SIMPLE. Major Bean has solved the problem of "How to live on fifteen cents a day," to his own satisfaction, and that of a large number of husky workmen who are employed as day laborers by the

Department of the Missouri and who

have been made part of the experiment. When the news spread and people were invited to go out to where these men were being fed every day and partake of the food themselves half the housekeepers of Omaha got excited and now there are hundreds of homes here where what has come to be known as the "Bean system"-not the bean of commerce, but the Bean of bacon for fat producing qualities. Then the army-is in active and successful

palatable than all the delicacies of the millionaire." season crowded into the human stom- | A return to the simpler tastes of a ach and only relished because they cost preceding generation is urged if the a lot of money.

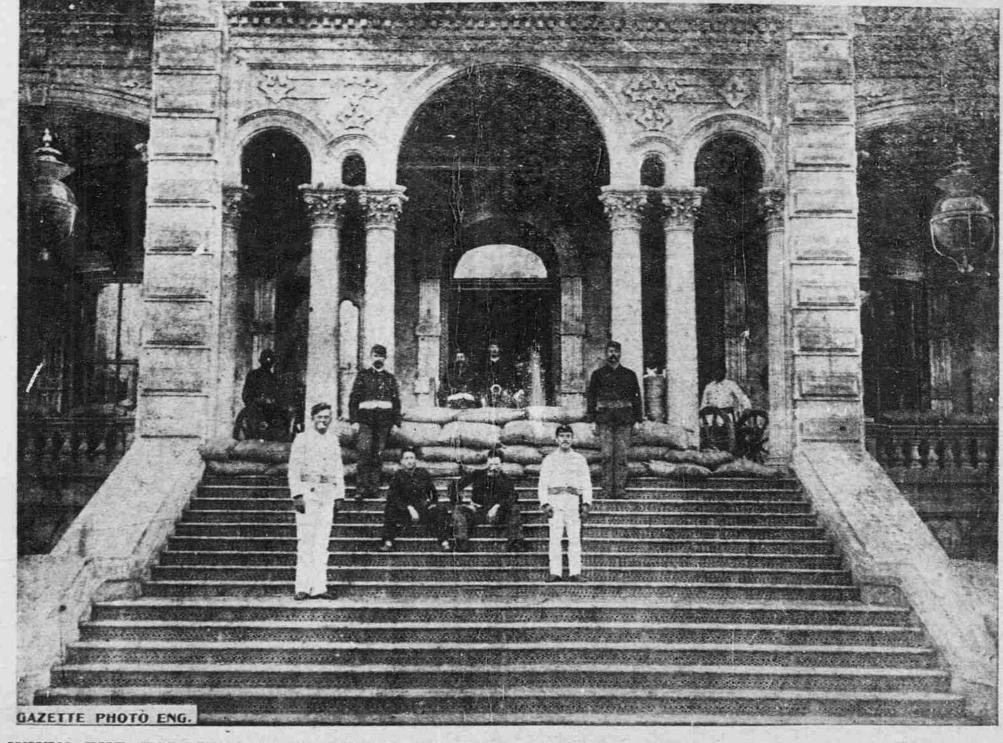
PLAIN FOODS THE BEST.

Major Bean has become so weary of method he advocates that he has now taken refuge in printed circulars, which he is sending broadcast. These circulars explain in detail exactly what people want to know. The major declares of satisfying the eye with their food instead of the body. "We must have the first strawberries," he says, "that come from the South, new potatoes, the early garden produce, and the advance fruits. The secret of cheap living is to buy fruit, produce and vegetables when the season is on and the price is way down. Then, instead of the myriad kinds of breakfast foods that lack nourishment the food popular with our forefathers ought to be utilized. Corn meal, for instance, costs a third of a cent a pound. The fancy breakfast foods average about 15 cents a pound. Yet there is no comparison in the respect of nutriment, and the corn meal properly cooked can be made as appetizing as the high-priced sub-

The economy that can be brought about in the use of meats is another part of the subject that the author, or rather the reviver, of this principle has proved feasible. He tells us to choose the substantial meats instead of wasting time on mixed concoctions that have no nourishment and do nothing but tickle the palate.

EXPERIMENTS ARE MADE.

OLD HONOLULU SCENES



WHEN THE PALACE WAS FORTIFIED TO PREVENT THE RESTORATION OF THE QUEEN-1894.

he says that the most inexpensive salt is as good as the best, that pure sugar The basic principle of this economic and pure vinegar can be obtained withmethod of living is old and simple out paying fancy prices for them. And enough. It is built on the theory that finally he insists on perfect cooking, the plainest fare scientifically cooked is which, he declares, "will make the more nourishing and a great deal more plainest food taste like the viands of a

race is to retain its physical strength and its mental elasticity.

The most interesting features of Maanswering letters from women request- jor Bean's movement are the earnest ing complete information about the and careful manner in which he has set about proving the correctness of his theories, and the enthusiasm that his belief has created among the women of Omaha and other cities that have heard of it. When he began to experithat the world nowadays is too fond ment on a large scale he took thirtysix laboring men who were employed at the barracks, and after securing their permission to handle their food supplies for a stated term, began giving them their three meals a day.

ALL COOKED PERFECTLY.

Everything was strength giving and substantial. The fare served at various times consisted of roast beef, bacon, beans, potatoes, onions, corn meal, prunes, canned tomatoes, coffee, all the condiments and all kinds of bread. The major personally supervised the cooking, which was up to an extraordinary standard of perfection. Everything of the character of warmed over dishes was barred. Before a week had passed the men expressed themselves as delighted with the change in the appearance and taste of their food, but wondered how much they would be called upon to pay for the added pleasures of the table.

The cost was figured up carefully, and it was found that the average of each meal per man, including the cooking and incidental service, was a little over 4 cents. In no one day did the cost of a meal exceed 5 cents.

When the story of this experiment Beef must be eaten for nutriment and was made known hundreds of people in

GOAT-LYMPH, THE NEW REMEDY.

it has been found that goat-lymph has many curative quali-

ties, and is a wonderful rejuvenator of the human system.

Experiments along this line were tried for years before suc-

cess was reached. The efficacy of animal serum, inoculated

with disease and then used as a preventative of the same dis-

ease, was established years ago, and gave rise to the thought

that the healthy animal serum would be of value in building

up a debilitated system. Nothing came of the experiment

until an obscure physician thought of a fact that should have

been apparent long before; that the serum must be extracted

from a live animal and the vital forces preserved. His well-

known hardiness and absolute freedom from disease made

the goat the victim-and now, at the sacrifice of his own ex-

istence, he is furnishing lymph for the saving of human life.

discovered, the optimistic hailed it as a solution of perpetual

life, as a wonderful cure-all. Sane reasoning, though, saw the

fallacy of this, and subsequent developments proved it. Ex-

periments showed that the goat-lymph could be successfully

used in cases of locomotor ataxia, chronic articular rheuma-

tism, paralysis agitans, hemiplegia, nervous prostration, and

general debility. It has also been used in cases of incipient

at too swift a pace, both socially and in a business way, with

the result that people are suffering from debility and aggra-

vated cases of "the blues." When the fact becomes generally

known that the goat can furnish a cure for this ailment, he

When the curative properties of goat-lymph were first

According to a recent article in the New York Tribune,

THE UNCLAIMED LETTERS.

HERBERT MELTON AYRES.

Oh the pathos of the list of unclaimed letters, And the tales of tear-washed grief they have to tell, To exiles bound by circumstance's fetters-Some dead to hope or fear of heaven or hell; Missives they of sweet remembrance, tender longing, Messages of conscience-stirring, sad regret, And they're waiting for a claimant in the office, Links joining hearts that love and that forget.

Some are writ by mother hands, half a world away, To the boys that bartered friends and home, For the roaming of the earth-for a night of play-For the jewelled fortune of the foam; Some were sent by maidens lone, to the lads they love, (Solemnly they pledged that they'd be true, Underneath the April moon, twelve long months agone) Gath'ring passion's rosemary and rue.

They come and come, the list grows ever longer, They bide their time and then at last they go Back to the sorrowing vision of their senders, Each freighted with ungratefulness and woe; The mother's hair turns just a little whiter, The maiden, broken-hearted, sits and grieves-The dingy, home-returning, unclaimed letters Are dying love's fast-falling autumn leaves.

Think of those fond, anxious ones, lads from over-sea-You needn't tell the truth when you write home, Just a line of hopefulness of better things to be, Just a word of greeting o'er the foam; Things may mend and all come well-you may keep your pledge,

To the girl you kissed that April night, A letter to the mother heart may break ill-fortune's spell, Sit right down and send it home to-night!

Omaha asked to be allowed to try the 'ed their testimony to that of the oth ration that meant an outlay of 15 cents ers.

a day. The major willingly accom- | Major Bean has adopted this system modated them, and, sitting down at the rigidly in his own household. He has table with the workmen, proprietors of cast out all such insidious evils as restaurants, professional men and busi- "made dishes" and buys all his food for ness people of Omaha sampled the the nutriment it contains, regardless from "Il Trovatore." I was much an- digestion acquaint you with the horrors meals for themselves, and at once add- of its cost in the market.

HE WOULD QUIT OFFICE FIRST.

Rear Admiral Henry Palliser of the flagship Imperiense, commanded the British squadron on the Pacific. The English government had just made Monterey, the old Mexican and Spanish capital of California, a supply station, and the admiral was going in there for the first time. Desirous of honoring the little port, Admiral Palliser sent an officer ashore to ask the mayor if the war ship fired a flag salute could Monterey return it. The mayor was greatly disturbed. To forfeit the salute to the American flag was not to be thought of, but how was the compliment to be returned? Upon the hill overlooking the bay was an ancient Mexican cannon, remnant of Spanish rule. It was used every Fourth of July, and the mayor concluded it would do. But the main difficulty to overcome was to collect a supply of powder large enough to fire twenty-one guns. However, by 2 o'clock all was ready and the mayor sent word to the admiral that Monterey was prepared. The flagship began booming her salute at intervals of five seconds, and in a couple of minutes the flag salute of twenty-one guns had been fired. A large crowd had gathered on the hill to watch the progress of the seventeenth century cannon. "Boom!" went the first report, and a cheer went up. And then something happened. The old cannon got so hot and acted so queerly that fully fifteen minutes elapsed before the second shot was attempted. But the mayor was determined, so just at sunset the twenty-first shot to the British flag was fired. As the mayor left the hill lie was heard to say: "If another foreign flagship comes here to be saluted I'm going to resign

A RAGTIME PHILOSOPHER.

I don't pay no taxes an' I don't pay no rent. It happens sometimes dat I ain't got a cent. But I sings jes' de same an' I don't raise a row, 'Cause I knows till I's dead I'll keep livin' somehow.

Sometimes I has shoes as I goes down de street, And sometimes I's walkin' right down on my feet. But trouble ain' gwine foh to catch me, I vow, 'Cause I knows till I's dead I'll keep livin' somehow. -Washington Star.

CHURCH SERVICES TODAY.

CENTRAL UNION, Kincaid, morning and evening; Christian Endeavor, 6:30. CHRISTIAN CHURCH, 11 a. m., song service and communion; 7:30, Hopwood. GERMAN LUTHERAN CHURCH, Felmy, morning. KAWAIAHAO CHURCH, Parker, morning and evening.
METHODIST CHURCH, Hopwood, morning; Pearson, evening.

REORGANIZED CHURCH OF LATTER DAY SAINTS, Waller, morning and

ST. ANDREW'S CATHEDRAL, morning and evening.

CLEMENT'S EPISCOPAL CHURCH, morning and evening, ST. AUGUSTINE'S CHAPEL (R. C.), Waikiki, Valentin, services, at 8:30 and 3.

ST. JOHN THE BAPTIST (R. C.), Kalihi-waena, Clement, 8:30 a. m., high will cease to be the butt of the confic paragrapher and artist.

will cease to be the butt of the confic paragrapher and artist.

OUR LADY OF THE MOUNT (R. C.), Kaiulani, Clement, 10:30 a. m. mass with sermon, collection and stations of the cross.

Adam Failure

An old colored man called on Judge Rufus B. Cowing the other day, and, in asking for advice, supplied the court with a good story.

"What I'se gwine to inculcate, jedge, is dis: What mus' I do to change mah prognomen? When I find dat I'se weighted down wif ah prognomen dats bound to kill mah trade, what mus' I

"You wish to change your name?" inquired Judge Cowing. "And why?" "Cause mah name is Failure. Yes, sah; dat's mah name. I'se a whitewasher, and dat name jes' queers me.' "Very well, uncle; why not use the first letter of your first name," suggested the court.

"Dat's wuss," groaned the old man "I'se tried dat. I had a big sign painted 'A. Failure,' and mah trade left me.' "The initial letter does make an unhappy combination," agreed the judge. "But I'll tell you what to do. Use your first name, and then people will not notice the last name so much."

"Dat's der mos' discommoding of all, sah. It's simply downright scand'lous. Mah first name is Adam, sah."-New York Times.

Chinese Not So Far Wrong. The Chinese doctor sets up a terrible

racket when called to treat the sick.

This is supposed to drive evil spirits away, and it unquestionably acts well in a great many cases. Civilization demands rest and quiet; all noise is barred from the sick room. The Chinese have demonstrated, unknowingly, a great psychological or psychopathological fact. A patient of mine had received the last rites of the church, the pulse had ceased at the wrist and he had sunk into that coma which precedes death. Some one in the next inconvenience and distress by day and house struck up "The Anvil Chorus" noxed and distressed, and tried to stop of insomnia? Suddenly the pulsation at the wrist began again, the patient gradual-She bent low and he whispered Root.

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in her ear, "Te deum te dea, that is my favorite tune," says he. We roused him, fed him and today, ten years after the event, he weighs 240 pounds. The therapeutics of vibration or noise is yet to be written. So I have discovered that anything that can rouse the subconscious, subliminal self will cure my patient when all drugs fail, and noise is a very cheap agent.-Medical Brief.

Inclosed was a patent medicine advertisement clipped from a newspaper. Beneath a picture of an insomnia patient were the following questions. How is your digestion? Is your stomach weak? Does it subject you to disturb your rest by night? Does in-

The letter was written on official war department paper, and the handwriting ly opened his eyes, motioned to his sis- was that of former Secretary of War

***** THE HORRORS OF DIVORCE BY THE MARQUIS DE CASTELLANE.

Divorce is the order of the day; it is a la mode. People divorce in America, and they divorce in France. In Italy the deputies are discussing the matter with their fists.

I have known a grand German duchess who played whist with her three former husbands as partners. Another I knew who refused her first husband's hand in third marriage.

These great dames claimed a certain respectability. They were well within the law. And yet when they passed anywhere people looked after them with a smile-a smile that was not prescribed by the law, but which meant contempt.

I believe that divorce should be admitted as a law, but I do not see why women should lightly have recourse to it. In nine cases out of ten it is the woman who applies for divorce. It leaves her free. But what about her honor?

Few people will believe that women apply to the courts for divorce out of sheer virtuous impulse. It is true that in certain classes of society people smile at virtue. Yet it be-

comes the female sex so admirably. Is there anything that enhances the beauty of a maiden so much as her modesty? Physical beauty is not all. We also yearn for a certain amount of moral beauty. There is nothing so horrible as

the sight of a young mother who has left her children in charge of her former husband.

I am mistaken. There is another still worse. It is the case of the father who cannot visit his dying child without meeting the new husband of his former helpmate.

Divorce is amusing only so long as we do not see it actually as it is in private life. A close acquaintance with divorce is disagreeable. The soft light of intimacy discovers its horrible wounds.

To make divorce amusing it must be represented on the stage in the midst of illusive flesh lights that cover its loath-

tuberculosis. The simple fact is that it builds up cells that have been partially destroyed, and furnishes vitality. It is an invigorant and revivifier-a vital fluid, containing all the germs of life, which are imparted to the patient who uses it. If goat-lymph does all that is claimed for it (and there seems to be plenty of evidence that it does), it will be a great factor in the cure of what has become almost a national evil -neurasthenia, or nervous prostration. We have been going